

Do men really come from Mars?

UNDERSTANDING THE INNER REALITY OF MEN

What is really going on for men? They pretend they are doing fine. But is this their actual reality? Why then is there so much anger and isolation? And why is it that twice as many men than women commit suicide?

Men tend to feel responsible for everything and are reserved to show what is going on for them inside. They are doing okay as long as they can do or fix something but don't really know how to deal with emotions.

Do we actually see and appreciate men for who they truly are beyond their roles as money-makers, husbands, fathers or sons? Men are innately just as sensitive, communicative and open as women. They just never learned to develop and express these qualities.

During this interactive afternoon Nathan Vos and Alexander Braun (Germany) will leave behind the silent manner and start the conversation about what it truly means to be a man.



NATHAN VOS

Editor of Chief magazine Zin & author of the book Man o Man

“Does a man know what it is to be a man, to be human? When and how should he have learned this? I have asked and researched that after the suicide of my apparently happy brother. Luckily there are answers.”



ALEXANDER BRAUN

Heilpraktiker, Osteopath & Relationship Counselor

“It has been a very sensitive process to unravel the complexity of what it means to be myself as a man.

Sharing this unfolding experience with others has shown me that this is key in making relationships truly loving and intimate.”